

# Calendar of Events

# Independent Living

September 2023  
Senior Star at Wexford Place

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Location Keys</b></p> <ul style="list-style-type: none"> <li>AL Front</li> <li>Arts &amp; Crafts Room</li> <li>Brain Gym</li> <li>Dining Room</li> <li>Fitness Room</li> <li>Living Room</li> <li>Lobby</li> <li>Meet in the Lobby to Ride the Bus</li> <li>Pool</li> <li>Private Dining Room</li> <li>Stratford Room</li> </ul>	<ul style="list-style-type: none"> <li>AL Front</li> <li>ACR</li> <li>BG</li> <li>DR</li> <li>FR</li> <li>LR</li> <li>L</li> <li>L-Bus</li> <li>P</li> <li>PDR</li> <li>SR</li> </ul>	<p><b>Looking to sharpen your brain?</b></p> <p><b>Attend the intro to Dakim Brain Fitness (Sept 27th) or ask David how to get involved with this great program!</b></p>	<p><b>Our Superfood in the month of September is sweet potatoes.</b></p>	<p><b>ShapeMaster machines are located on the third floor in the gym. The gym is open at all times for you to use at your convenience or join us for a Group Session!</b></p>	<p>8:30 📺 Meaningful Morning Conversations [LR] <b>1</b></p> <p>11:00 📺 Music in the Park (Family Faves) [L-Bus]</p> <p>1:00 📺 Sequence Card Game [LR]</p> <p>1:30 📺 Shopping Outing bus sign up ALDI'S [L-Bus]</p> <p>2:30 📺 <b>Happy Hour - Live Music w/ The Huixqui Sisters [SR]</b></p> <p>6:30 📺 Quarters Bingo [SR]</p>	<p>9:30 ☀️ Bible Study (Resident Led) [PDR] <b>2</b></p> <p>1:00 🍷 Ice Cream in the Soda Shop</p> <p>1:30 📺 Hand and Foot Card Game [LR]</p> <p>6:00 📺 Games Group [SR]</p>
<p>9:00 ☀️ Bus service to Platte Wood Methodist Church [L] <b>3</b></p> <p>9:30 ☀️ Bus service to St Therese Catholic Church [L]</p> <p>10:00 ☀️ Church Service - Abe Reddekopp [SR]</p> <p>6:30 📺 Sunday Night Movie - Steel Magnolias [SR]</p>	<p><b>Labor Day</b></p> <p>8:30 📺 Morning Exercise with David [FR] <b>4</b></p> <p>10:00 📺 Program Planning Committee [LR]</p> <p>11:15 📺 Pizza and Trivia [SR]</p> <p>1:00 📺 Hand and Foot Card Game [LR]</p> <p>1:30 📺 Wii Sports Bowling [SR]</p> <p>2:30 📺 Knowledge Unlimited- Inquiring Minds Want to Know! [SR]</p> <p>6:00 📺 Sequence Card Game [LR]</p>	<p>9:30 📺 Legacy Water Exercise [P] <b>5</b></p> <p>10:30 📺 Rock Steady Boxing at the AL Building</p> <p>1:00 🍷 Ice Cream in the Soda Shop</p> <p>2:00 📺 Balance Clinic by Legacy [FR]</p> <p>2:30 📺 <b>Mixology Class: Sweet Potato Fries and Beer! [LR]</b></p> <p>6:30 📺 Quarters Bingo [SR]</p>	<p>8:30 📺 Morning Exercise with David [FR] <b>6</b></p> <p>9:00 ☀️ Prayer in the chapel resident led</p> <p>9:30 📺 Shopping HY VEE bus sign up [L-Bus]</p> <p>10:00 📺 <b>Introduction to the Shape Master [FR]</b></p> <p>11:00 📺 Lunch Bunch - Nick and Jake's [L-Bus]</p> <p>2:00 📺 Moving with Mandy [FR]</p> <p>2:30 📺 Garage Sale Meeting (For Volunteers) [SR]</p> <p>6:00 📺 Bridge Club Resident lead [PDR]</p> <p>6:00 📺 Games Group [LR]</p>	<p>10:00 📺 Blood Pressure Check by Interim [LR] <b>7</b></p> <p>10:00 ☀️ Catholic Rosary followed by Communion</p> <p>1:00 📺 <b>Ice Cream in the Soda Shop</b></p> <p>1:30 📺 Legacy Water Exercise [P]</p> <p>2:00 📺 Free Bingo - w/prizes [SR]</p> <p>6:00 📺 Bean Bag Baseball (Double Header) [SR]</p> <p>7:20 📺 Cheifs v Lions [SR]</p>	<p>8:30 📺 Meaningful Morning Conversations [LR] <b>8</b></p> <p>1:00 📺 Sequence Card Game [LR]</p> <p>1:30 📺 Shopping Outing bus sign up Walmart [L-Bus]</p> <p>2:30 📺 <b>Happy Hour - Live Music w/ Gary Kirkland [SR]</b></p> <p>6:30 📺 Quarters Bingo [SR]</p>	<p>9:30 ☀️ Bible Study (Resident Led) [PDR] <b>9</b></p> <p>1:00 🍷 Ice Cream in the Soda Shop</p> <p>1:30 📺 Hand and Foot Card Game [LR]</p> <p>6:00 📺 Games Group [SR]</p>
<p>9:00 ☀️ Bus service to Platte Wood Methodist Church [L] <b>10</b></p> <p>9:30 ☀️ Bus service to St Therese Catholic Church [L]</p> <p>10:00 ☀️ Church Service - John &amp; Rachel [SR]</p> <p>5:30 ☀️ Hymn Sing with Linda [LR]</p> <p>6:30 📺 Sunday Night Movie - Million Dollar Baby [SR]</p>	<p>8:30 📺 Morning Exercise with David [FR] <b>11</b></p> <p>10:00 📺 <b>Food Committee [SR]</b></p> <p>11:15 📺 Pizza and Trivia [SR]</p> <p>1:00 📺 Hand and Foot Card Game [LR]</p> <p>1:30 📺 Wii Sports Bowling [SR]</p> <p>2:00 📺 Goodfellas men's group</p> <p>2:30 📺 Knowledge Unlimited- Inquiring Minds Want to Know! [SR]</p> <p>6:00 📺 Sequence Card Game [LR]</p>	<p>9:30 📺 Legacy Water Exercise [P] <b>12</b></p> <p>10:00 📺 Legacy Health Talk [LR]</p> <p>10:30 📺 Donuts and Neighbors Meet and Greet [SR]</p> <p>10:30 📺 Rock Steady Boxing at the AL Building</p> <p>1:00 🍷 Ice Cream in the Soda Shop</p> <p>2:00 📺 Balance Class by Legacy [FR]</p> <p>2:30 📺 <b>Social Hour: Drinks and Games [LR]</b></p> <p>6:30 📺 Quarters Bingo [SR]</p>	<p>8:30 📺 Morning Exercise with David [FR] <b>13</b></p> <p>9:00 ☀️ Prayer in the chapel resident led</p> <p>9:30 📺 Shopping HY VEE bus sign up [L-Bus]</p> <p>11:00 📺 Lunch Bunch - Pizza Ranch [L-Bus]</p> <p>2:00 📺 Moving with Mandy [FR]</p> <p>2:30 📺 Bean Bag Baseball Practice [SR]</p> <p>6:00 📺 Bridge Club Resident lead [PDR]</p> <p>6:00 📺 Games Group [LR]</p>	<p>10:00 📺 Blood Pressure Check by Interim [LR] <b>14</b></p> <p>10:00 ☀️ Catholic Rosary followed by Communion</p> <p>1:00 📺 <b>Ice Cream in the Soda Shop</b></p> <p>1:30 📺 Legacy Water Exercise [P]</p> <p>2:00 📺 Free Bingo - w/prizes [SR]</p> <p>2:45 📺 David's Oil Pastel Class: Rural Landscapes [ACR]</p> <p>3:00 📺 Watercolor Experience [ACR]</p> <p>6:00 📺 Bean Bag Baseball (Double Header) [SR]</p>	<p>8:30 📺 Meaningful Morning Conversations [LR] <b>15</b></p> <p>10:00 📺 Technology Support with David [ACR]</p> <p>11:30 📺 New Resident Lunch-In [DR]</p> <p>1:00 📺 Sequence Card Game [LR]</p> <p>1:30 📺 Shopping Outing bus sign up Hillcrest [L-Bus]</p> <p>2:30 📺 <b>Happy Hour - Live Music w/ Allen Blascoe</b></p> <p>6:30 📺 Quarters Bingo [SR]</p>	<p>9:30 ☀️ Bible Study (Resident Led) [PDR] <b>16</b></p> <p>1:00 🍷 Ice Cream in the Soda Shop</p> <p>1:30 📺 Hand and Foot Card Game [LR]</p> <p>2:00 📺 Gold Panning Class [SR]</p> <p>6:00 📺 Games Group [SR]</p>
<p>9:00 ☀️ Bus service to Platte Wood Methodist Church [L] <b>17</b></p> <p>9:30 ☀️ Bus service to St Therese Catholic Church [L]</p> <p>10:00 ☀️ Church Service - John &amp; Rachel [SR]</p> <p>12:00 📺 Chiefs v Jaguars [SR]</p> <p>6:30 📺 Sunday Night Movie - Elvis [SR]</p>	<p>8:30 📺 Morning Exercise with David [FR] <b>18</b></p> <p>10:15 📺 <b>Resident Advisory Committee [SR]</b></p> <p>11:15 📺 Pizza and Trivia [SR]</p> <p>1:00 📺 Hand and Foot Card Game [LR]</p> <p>1:30 📺 Wii Sports Bowling [SR]</p> <p>2:30 📺 Knowledge Unlimited- Inquiring Minds Want to Know! [SR]</p> <p>6:00 📺 Sequence Card Game [LR]</p>	<p>9:30 📺 Legacy Water Exercise [P] <b>19</b></p> <p>10:30 📺 Rock Steady Boxing at the AL Building</p> <p>1:00 📺 <b>Town Hall Meeting [SR]</b></p> <p>1:45 🍷 Ice Cream in the Soda Shop</p> <p>2:00 📺 Balance Class by Legacy [FR]</p> <p>2:30 📺 <b>Social Hour: Drinks and Games [LR]</b></p> <p>4:00 📺 <b>Candle Light Dinner [DR]</b></p> <p>6:30 📺 Quarters Bingo [SR]</p>	<p>8:30 📺 Morning Exercise with David [FR] <b>20</b></p> <p>9:00 ☀️ Prayer in the chapel resident led</p> <p>9:30 📺 Shopping HY VEE bus sign up [L-Bus]</p> <p>11:00 📺 Lunch Bunch - Longhorn Steakhouse [L-Bus]</p> <p>2:00 📺 Moving with Mandy [FR]</p> <p>2:30 📺 Bean Bag Baseball Practice [SR]</p> <p>6:00 📺 Bridge Club Resident lead [PDR]</p> <p>6:00 📺 Games Group [LR]</p>	<p>10:00 📺 Blood Pressure Check by Interim [LR] <b>21</b></p> <p>10:00 ☀️ Catholic Rosary followed by Communion</p> <p>1:00 📺 <b>Ice Cream in the Soda Shop</b></p> <p>1:30 📺 Legacy Water Exercise [P]</p> <p>2:00 📺 Free Bingo - w/prizes [SR]</p> <p>3:00 📺 Caregiver's Support Group [PDR]</p> <p>3:00 📺 Making Art Décor [ACR]</p> <p>6:00 📺 Bean Bag Baseball (Double Header) [SR]</p>	<p>8:30 📺 Meaningful Morning Conversations [LR] <b>22</b></p> <p>1:00 📺 Sequence Card Game [LR]</p> <p>1:30 📺 Shopping Outing bus sign up [L-Bus]</p> <p>2:30 📺 <b>Happy Hour - Live Music w/ Bob Cohen</b></p> <p>6:30 📺 Quarters Bingo [SR]</p>	<p>9:30 ☀️ Bible Study (Resident Led) [PDR] <b>23</b></p> <p>1:00 🍷 Ice Cream in the Soda Shop</p> <p>1:30 📺 Hand and Foot Card Game [LR]</p> <p>6:00 📺 Games Group [SR]</p>
<p>9:00 ☀️ Bus service to Platte Wood Methodist Church [L] <b>24</b></p> <p>9:30 ☀️ Bus service to St Therese Catholic Church [L]</p> <p>10:00 ☀️ Church Service - Abe Reddekopp [SR]</p> <p>3:25 📺 Chiefs v Bears [SR]</p> <p>5:30 ☀️ Hymn Sing with Linda [LR]</p>	<p>8:30 📺 Morning Exercise with David [FR] <b>25</b></p> <p>11:15 📺 Pizza and Trivia [SR]</p> <p>1:00 📺 Hand and Foot Card Game [LR]</p> <p>1:30 📺 Wii Sports Bowling [SR]</p> <p>2:00 📺 Goodfellas men's group</p> <p>2:30 📺 Knowledge Unlimited- Inquiring Minds Want to Know! [SR]</p> <p>6:00 📺 Sequence Card Game [LR]</p>	<p>9:30 📺 Legacy Water Exercise [P] <b>26</b></p> <p>10:30 📺 Rock Steady Boxing at the AL Building</p> <p>1:00 🍷 Ice Cream in the Soda Shop</p> <p>1:00 📺 New Resident Orientation [SR]</p> <p>2:00 📺 Balance Class by Legacy [FR]</p> <p>2:30 📺 <b>Social Hour: Drinks and Games [LR]</b></p> <p>6:30 📺 Quarters Bingo [SR]</p>	<p>8:30 📺 Morning Exercise with David [FR] <b>27</b></p> <p>9:00 ☀️ Prayer in the chapel resident led</p> <p>9:30 📺 Shopping HY VEE bus sign up [L-Bus]</p> <p>10:00 📺 <b>Intro to Dakim Brain Health [BG]</b></p> <p>10:30 📺 Casino Outing: Argosy</p> <p>2:00 📺 Moving with Mandy [FR]</p> <p>2:30 📺 Traveler's Presentation: (Australia) [SR]</p> <p>6:00 📺 Bridge Club Resident lead [PDR]</p> <p>6:00 📺 Games Group [LR]</p>	<p>10:00 📺 Blood Pressure Check by Interim [LR] <b>28</b></p> <p>10:00 ☀️ Catholic Rosary followed by Communion</p> <p>11:30 📺 <b>Birthdays Lunch in Dining room [DR]</b></p> <p>1:00 📺 <b>Ice Cream in the Soda Shop</b></p> <p>1:30 📺 Legacy Water Exercise [P]</p> <p>2:00 📺 <b>Charcuterie Board Class with Marsha [LR]</b></p> <p>2:00 📺 <b>Parkinson's Support Group [AL Front]</b></p> <p>3:00 📺 Watercolor Experience [ACR]</p> <p>6:00 📺 Bean Bag Baseball (Double Header) [SR]</p>	<p>8:30 📺 Meaningful Morning Conversations [LR] <b>29</b></p> <p>11:00 📺 Music in the Park Outing (Jazz) [L-Bus]</p> <p>1:00 📺 Sequence Card Game [LR]</p> <p>1:30 📺 Shopping Outing bus sign up Scenic Drive [L-Bus]</p> <p>2:30 📺 <b>Happy Hour - Live Music w/ Ray Keller [SR]</b></p> <p>6:30 📺 Quarters Bingo [SR]</p>	<p>9:30 ☀️ Bible Study (Resident Led) [PDR] <b>30</b></p> <p>1:00 🍷 Ice Cream in the Soda Shop</p> <p>1:30 📺 Hand and Foot Card Game [LR]</p> <p>6:00 📺 Games Group [SR]</p>